

# The Flyer

## Salisbury UNIVERSITY

A Publication for The Students, By The Students

Volume 29, Issue 3

March 7, 2002

## Women's Basketball Squad Moves to Sweet 16

24 wins tie season – best, earn first Sweet 16 berth in team history

By Wayne Carter Jr.

"Bring 'em on."

Senior Jaime Kohlenstein was already psyched for the next game and exuded the same confidence as the rest of her teammates after they throttled Kean University 67-49 Saturday and earned their first ever Sweet 16 berth in the NCAA tournament.

"The last two years we couldn't get past this round," said Kohlenstein, "to finally get past it, it's just a monkey off our back."

The Seagulls didn't play especially well on offense, but were phenomenal defensively, forcing the Kean Cougars to commit 42 turnovers, including 24 steals by Salisbury, eight by Kohlenstein.

Kohlenstein, who scored her 1,000th career point just a few weeks ago, is often lost in the shadow of the 2002 CAC Player of the Year junior Amy Champion. But when Champion struggled early in the game, it was the senior captain who made the big plays, leading the Gulls with 14 points and six boards.

"I had confidence, more so than last year, because this team has heart," said Kohlenstein. "Everyone on that bench can come in and contribute, if one person isn't on, someone can come in and produce."

The Gulls fell behind early forcing Coach Bridget Benshetler to burn three of her timeouts just five minutes into the game. Salisbury, led by Kohlenstein and sophomore Rachel Lanning, who had 10 points, ignited an offensive surge that resulted in a 30-5 run and a 31-14 halftime lead for the girls.

Kean had trouble scoring in the first after their top player, junior center Jaquana Abdullah had to take a seat with three fouls just 12 minutes into the game. Salisbury went on a tear from that point.

In the second half, Abdullah managed to stay out of foul trouble and ended the game with 21 points. But the early deficit, a smothering Seagull defense and a lack of production from her teammates made Abdullah's efforts a moot point.

Champion, who had only one point after the first half, got back in a groove in the second and finished with nine points to go along with her nine boards. She also added five assists to lead the team.

CAC Rookie of the Year Pam Kenney continued her dominant play as of late, both offensively and defensively, scoring 10 points and grabbing nine rebounds.

With the win, the team will make its first appearance in the Sweet 16 round of the NCAA tournament and it tied a season record for wins with 24, making this arguably the best season in women's basketball history at SU.



"(Making it to the Sweet 16) is a tremendous attribute not just to our program, but to the entire university," said Benshetler. "It puts Salisbury women's basketball on the map and takes this program to a different level."

"It's an experience you almost can't describe," said Champion. "It's a great feeling to be one of only 16 Division III teams still playing women's basketball."

The key to the team's current and future success is an impressive defensive

prowess they have played with over the last month. The girls have won all nine games they played during that span and allowed an average of only 53.1 points.

"This team isn't as experienced defensively as we were last year," said Benshetler, "but we have continued to improve throughout the entire season and I feel we are playing really good 'D' right now."

"I love the defense, I love the morale and I love that confidence that 'we belong'."

The Seagulls will take on Marymount University, on March 8th, in the next round of the tournament. Just last week Salisbury defeated the Saints 71-56 to claim their third straight CAC title. This will be the fourth meeting of the season for these

teams and eight in less than two years. The Lady Gulls lead the series 2-1 this year, however the Saints are the team that eliminated SU from NCAA tournament competition last year.



### SU Hosts Sweet 16

All of the Salisbury Women's Basketball team's hard work has finally paid off.

Not only have the Sea Gulls advanced to the NCAA Division III Sweet 16, but because of their remarkable regular season record, Salisbury will be a host site for the round of play.

The tournament of four begins this weekend, March 8th, when the University of Scranton meets up with Kings College at 6 p.m.

Salisbury's tip off time is at 8 p.m., when it will take on Marymount University for the fourth time this season.

Look for the Gulls to be seeking revenge after last year's season ending loss to the Saints.

Tickets will be on sale at the door, in Maggs, on Friday. Student price is \$3 and adult admission is \$4.

So take some time out of your busy schedule this weekend to come and support your Lady Gulls. You will not be disappointed.

### Table of Contents

Editorials & Letters to the Editor	2
Campus Blurbs	3
Crime Beat	3
Features	6-8
Sleep Deprivation – Greek Forum – Life in the 'Bury – Caption of the Week – Horoscopes – Rest and Relaxation on a College Budget – Summer Job – Music Review	

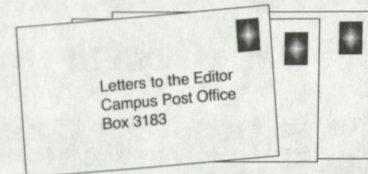
Sports	10-11
Salisbury Baseball Romps Gallaudet – Rah Rah – What's On Tap – Women's Lax Open Season with Win	
Sports Movie of the Week – "The Natural"	11



# Our Apology

A satire printed in the first issue of *The Flyer* entitled, "Party Busted, Local Clown Arrested," has caused some controversy within the community. Prince Street Elementary school was mentioned in the article purely at random. There was no malicious intent towards the school. *The Flyer* stands behind the writer and his intentions. In no way did *The Flyer* intend to harm the character of Prince Street Elementary.

## Letters



### DO YOU CARE?

## The Axis of Evil is a Revolving Door

By Constance Mensh

Ever there was a truth to the saying, "What goes around comes around" this is it. So here we are, America, home of the free and brave. Our President, George W. Bush, is the leader of the free world in the fight against terrorism. We have a newfound spirit of patriotism and love for our nation. SO why am I not impressed?

Maybe it is because I don't think that sporting an American flag on your Nissan Xterra makes you patriotic. Maybe it is because I know a few things that most people do not. Sometimes you have to open your eyes, people. That propaganda the White House staff is feeding our country would make a true patriot sick. What happened to Democracy? Well for one thing, it was swallowed by capitalism.

Case in point: Enron. In case any of you bright students about to enter the real world hadn't noticed, there's something of a scandal going on right now involving what used to be the seventh largest corporation in the country. Enron is an energy-trading firm that was basically a middleman for oil, natural gas and other electric producing commodities.

They are the large-scale equivalent of a drug dealer. You need what someone else has, so the dealer charges you insane amounts of money to do nothing. Of course, drug dealers do have to deal with the law—unless the dealer is also paying those who are paid to enforce those laws. Meanwhile, energy prices keep rising,

blackouts keep occurring, and those who need the money most are getting the shaft, all because of one little word: Greed.

Greed is claiming bankruptcy in a company where 12,000 employees lost up to \$50 billion dollars worth of investments, their jobs, health care, and financial security, while fat cats like Kenneth Lay made off with the bank. Greed is allowing energy deregulation so that our electric supplies are limited to just a few top-trading firms. Greed is the "Economic Stimulus Package" which is actually costing the U.S government money, as well as the American people, by giving tax breaks of millions of dollars to super-rich, dead-beat companies like Enron.

Greed is disguising these scandals with a bogus war on an unknown entity like "The Axis of Evil", especially when the Bush administration is hopelessly linked to the Taliban through a \$43 million gift, given to the Taliban just four months before September 11. But most of all, greed is the 35 administrators in the White House, including the President and Vice President, three-quarters of the Senate and one-half of Congress that accepted funds from Enron for campaigning and lobbying purposes.

By the way, Enron is also linked to the Taliban through previous deals to build a gas pipeline through Afghanistan. Makes you curious doesn't it? It makes you wonder who it is we're really fighting here. Do you care now?

## The Flyer Staff

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Assistant News Editor . . . Jesse Brushe  
Sports Editor . . . . . Lisa Gentilella  
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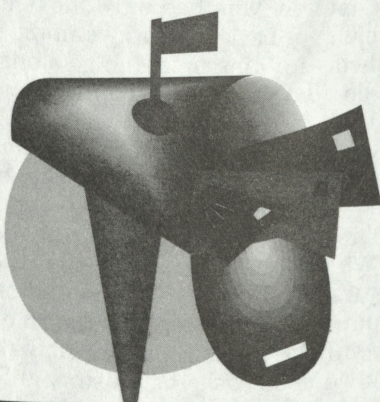
Staff Writers . . . . . Lauren Bass  
Tara DeBolt  
Melissa Kirckhoff  
Vanessa Yarie  
Keith Cyphers  
Kim Riddleberger  
Matt Gombos  
Matt Marsolais  
Jeremy Kavalsky  
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Devon Welborn  
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Bryan Shone  
Jeff Tessier  
Wayne Carter, Jr.  
Doug Morgan  
Adam Lehman

## Letters To The Editor

If you have any comments, questions or concerns send them to:

Campus  
P.O. Box 3183

Or E-mail  
us at  
[flyer@salisbury.edu](mailto:flyer@salisbury.edu)



## Crime Beat for the week of February 22 – March 1

Compiled By Bryan Shone

2/18-2/20 . . . . . 5 p.m. – 9 a.m.

**Missing Property** – on 2/22 a broken shredder was reported stolen from an office in the Power Professional building.

2/24 . . . . . 10:30 p.m. – 11 p.m.

**Hit and Run** – a student reported that a vehicle parked in Devilbiss parking lot was damaged by an unknown vehicle.

2/22 . . . . . 12:50 p.m.

**Recovered Property** – a resident of University Park reported that a bike had been stolen from that location approximately two weeks ago. The student reported that he located his bike between St. Martin Hall and Fulton. University police will store the bike until ownership can be proven.

2/22 . . . . . 11:45 p.m.

**Marijuana Complaint** – officers investigated a call about the odor of burning marijuana in a room on the 3rd floor of Chesapeake Hall. No odor was detected by police.

2/24 . . . . . 12:28 a.m.

**Trespassing** – a non-student who had been told to stay out of Manokin Hall was in the building. He was told by officers to leave the campus, which he did. A no-trespassing letter will be issued.

2/24 . . . . . 1:02 a.m.

**Suspicious Person** – a student reported that an unknown man walked out of Fulton Hall with two objects covered by a sheet-like material.

2/25-2/26 . . . . . 4:30 p.m. – 9:30 a.m.

**Theft** – two printer cartridges were reported stolen from the Service Learning Center on College Avenue.

2/26 . . . . . 7 p.m. – 7:30 p.m.

**Theft** – a six-foot cardboard cutout of a cowboy was reported stolen from the University Center.

2/27 . . . . . 11:34 a.m.

**Suspicious Person** – an employee on the 3rd floor of Holloway Hall reported a suspicious person in an office. The employee

reported that she was out of the office for a few minutes and when she returned the door was partially closed. When she entered, she observed a man standing next to the desk. He said, "I stepped in here, my fly was down, and I stepped in here to fix my zipper." The man then quickly left the office. He is described as an African-American in his mid 30s, medium build, missing one front tooth and having one gold tooth and wearing a multi-color sweater. The person was also seen entering an office on the 2nd floor of Holloway Hall.

CRIME SOLVERS of the Lower Eastern Shore, Inc. will pay a reward of up to \$1,000 for information leading to the arrest and indictment of criminals or capture of wanted persons. You do not have to give your name.

CALL 548-1776

"Crime Beat" is courtesy of Salisbury University's Campus Police.

## Campus Blurbs

By Tracy Shortt

### Variety Show

The 13th Annual Variety Show will be held on Friday, April 12th and Saturday, April 13th at 7:30 in Holloway Hall Auditorium. Auditions are Monday April 1st through Wednesday April 3rd. Students, faculty and staff are encouraged to participate. For more information or to set up audition times, call 410-548-4597.

### National Science Foundation

Drs. Hazel Barzilai and Homer Austin of the Dept. of Mathematics and Computer Science received a \$513,000 grant from the National Science Foundation. The grant is funding the Allied Delmarva Enhancement Program for Teachers, a three-year project of six courses aimed at certifying Maryland educators in teaching middle school mathematics.

### Relay for Life

Salisbury University will hold the first annual Relay for Life on April 13th. Volunteers are needed to help plan and participate in the event. Meetings are Wednesdays at 5:30 in the Scarborough Leadership House.

### Dean Search

Students, faculty and staff are invited to meet candidates for the office of Dean of Libraries and Instructional Resources. The sessions will be held on the second floor of the Commons. Candidates will speak informally about their vision for the library and will answer questions from campus community members. The sessions will be held March 7, and March 11-14. All sessions are from 3:30 to 4:30.

### "1776" Tickets on Sale

The All-American Season of the Bobbi Biron Theater program continues with its production of "1776." The show runs Thursdays-Saturdays, March 7-9 and 14-16 at 8 p.m. Tickets are \$10 for general admission and \$8 for students and senior citizens. Students and faculty can obtain their tickets in advance at the Information Desk in the GUC. Students are entitled to one free ticket with proper ID. Reservations can be made by calling 410-543-6228.

– Adam Lehman



### Art of Living

A six-session Art of Living Course taught by Priti Mathur, a full time Art of Living teacher. He will be offering classes at Salisbury University from March 14th through 19th. The course teaches powerful stress management techniques which nourish all levels of mind, body, and spirit. Students and other participants report benefits including reduced stress, improved health, heightened enthusiasm, improved concentration, greater creativity and clarity of mind, and more physical energy.

SU student, Nikki Brown, a Communication Arts Major who took the course last fall at SU says, "The Art of Living Course is a very unique experience. It gives you the tools to heal yourself from anger, stress, and negative vibes in your life. The methods taught are indescribable. The Art of Living taught me how much control I have over my feelings and emotions."

For information, please contact either Justine Lovig (jlovig@usa.net and 202-462-9290) or Brad Taylor (410-543-2017, bw700@yahoo.com). If sending or leaving a message, please include your phone number and a good time to call.



# A Revolution is in your own Backyard

By Lauren Bass

**A**ward-winning author Adam Pertman spoke at a media forum and lectured on adoption Feb. 27 in the Wicomico Room. His book, *Adoption Nation: How the Adoption Revolution is Transforming America*, is the first to explain how the institution of adoption affects the lives of all Americans.

The five-member panel included two local journalists and three members of the Adoption Triad. Greg Bassett of *The Daily Times* and Steve Hammond of WBOC-TV represented the media. Pertman, an adoptive father, Ann Wilmer, an adoptee and lecturer at Salisbury University, and Kate O' Connor, a birth mother and adoption educator represented the Triad.

The open discussion focused on the media's ignorance regarding adoption. Pertman questioned the relevance of reporting only tragic incidents such as abuse when doing stories about adopted children. Pertman said this gives adoption a negative connotation.

"We understand biologically formed families. They are throughout the media," Pertman said. "We don't judge them based on one experience as we do with adoption. Most of what the media knows is skewed or wrong regarding adoption," he said.

Bassett justified the media's role in contributing to this negative association. "Journalists should just report the news, not weigh in hard on it," said Bassett. "The overall philosophy [of the media] is to report everything you know."

According to Hammond, journalists do not give adoption great thought. It is often thought of as a small niche among the vast social issues that face

America today. Broadcast journalists are focused on ratings, while print journalists focus on circulation, and this does not leave much consideration towards well-rounded adoption reporting.

An institution that affects 80 million to 100 million American families is poorly represented in today's media.

Adoption in fact,

*The institution of adoption touches all of us, more than we may think*



rarely gains attention unless a noteworthy individual is attached to the issue.

Rosie O'Donnell's three children are an example of such media hype. "I have never found a topic that affected so many people, who knew so little about it," said Pertman. According to Pertman, adoptions have seen a 79 percent increase over the past five years.

During the lecture portion of the seminar, Pertman focused on the Adoption Revolution. While tremendous growth lies ahead, the institution has experienced a revolution of sorts. The long history of secrecy surrounding adoption is slowly dissolving as adoptees and birth mothers gain more rights.

"The overwhelming majority of U.S. infant adoptions are opened due to the biological mother's request," said Pertman.

An open adoption is more developmentally beneficial to the child than a closed adoption. Biological mothers now

have the ability to handpick perspective parents for the child. This radical change forces the definition of extended family to be updated.

While Pertman acknowledged that media outlets are doing far better jobs covering adoption issues than in the past, he said a lot of work still needs to be done within the institution including education and legislation.

Little, if any curriculum exists related to adoption. Educators, psychologists, psychiatrists and social workers are all sent into the work force with no formal adoption knowledge. O'Connor, Maryland coordinator of Green Ribbon Campaign for Open Records, said she hopes to eliminate the public's stereotypes about adoptees, adoptive parents, and birth parents.

Infant abandonment legislation allows mothers to abandon their infants at safe places such as hospitals or police stations without facing criminal charges. Many advocates within the institution fear the repercussions of such legislation.

A child affected by this "adoption reform" would never have any knowledge of his or her genealogy, ethnicity, or medical history. About half of the states currently have this law in hopes of preventing infants being dumped and left for dead by desperate mothers. Adoption advocates have successfully fought this bill as it has annually entered the Maryland General Assembly.

Pertman's philosophy centers around improving the stigma associated with adoption that affects all parties involved, especially the children. "All parents, no matter how they become parents, want one thing for their kids—to make it a better world for them," said Pertman. "That's the reason I do what I do."

# ROOM SIGN-UP

## Fall 2002-Spring 2003



Are you a student currently living on campus and want to continue living here next semester? Then you better ...

Get Ready for Fall 2002 Room Sign-Up

# WHEN

For two weeks only:

Starts **Monday, March 11 • 8 a.m.**

Ends **Friday, March 22 • 4 p.m.**

Applications and deposits received after 4 p.m., March 22, are placed on a waiting list.

# HOW

Salisbury  
UNIVERSITY

Information packets will be available starting Thursday, March 7, in your Area Director or Resident Director's office. Get your Housing Application online at

[www.salisbury.edu/housing/signup](http://www.salisbury.edu/housing/signup)

1. Print it out.
2. Fill it out.
3. Turn it in at the Housing Office in Chesapeake Hall.
4. Accompany application with \$175 deposit (so call home now).

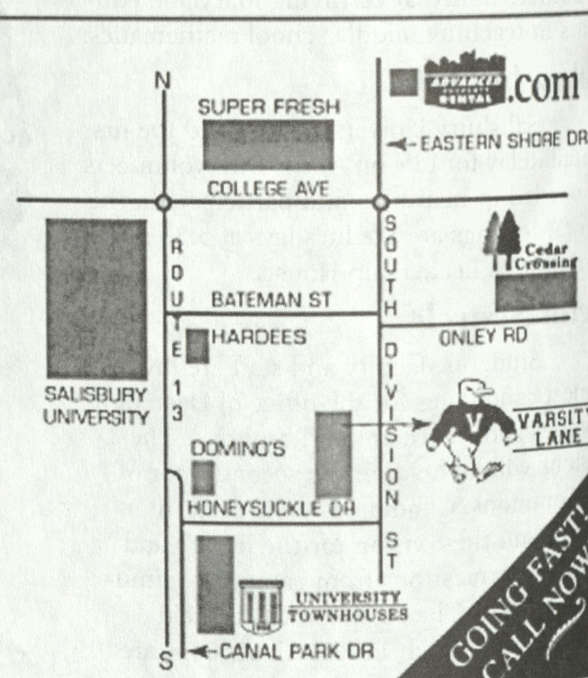
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# Features

## Sleep Deprivation

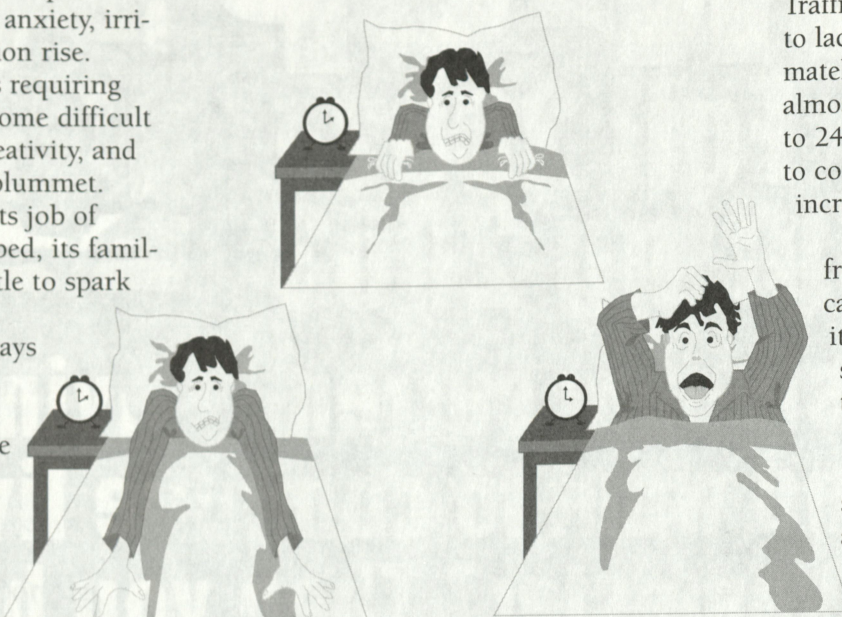
By Devon M. Welborn

Information is harder to process and recall. Levels of anxiety, irritability, and depression rise. Physical movements requiring any amount of coordination become difficult to perform. The imagination, creativity, and ability to do complicated tasks plummet. Although the alarm clock does its job of annoying a person into leaving bed, its familiar noise is dreaded and does little to spark mental alertness.

These are a few of the ways sleep deprivation can impact a person's life. Scientists have repeatedly found that college-age adults need eight to nine hours of sleep a night, but also point out that the vast majority of students are fortunate to get five to six hours each evening. Going on occasional weekend "sleep binges" does not help offset repeated sleep deprivation.

Healthy sleep patterns only yield benefits if they are in a routine pattern. A drastic lack of rest can make it difficult for college students, who often must juggle academic coursework, extracurricular activities, part-time jobs, and busy social lives, to maintain the mental, physical and emotional balance necessary to complete so many tasks.

Sleep doesn't always rank high in a society that greatly places emphasis on enjoying money, that encourages academic excellence, and that extols extracurricular involvement. Unfortunately, the demands of college life and their impact on 18 to 22 year-olds students' sleep habits can take a costly toll.



While sleep and the physiological processes associated with it are not yet fully understood, scientists say that sufficient quantities of it are necessary for maintaining life. Sleep provides the body an opportunity to repair itself, boost its immune system, and carry on other activities while expending a minimal amount of energy. Recent studies suggest that persons sleeping less than six hours a night are outlived by those who get in at least seven hours of slumber a night. While possibly decreasing longevity, lack of sufficient sleep also poses more immediate problems. For example, sleep deprivation has been linked to a decreased ability to concentrate and control emotions.

According to the National Highway Traffic Safety Administration, fatigue related to lack of sleep is named a factor in approximately 100,000 traffic accidents per year and almost half of these accidents involve fifteen to 24 year-old drivers. Levels of susceptibility to common infections and illnesses also increase with fatigue.

With so many problems stemming from sleep deprivation, one wonders what can be done on a personal level to prevent it. No one wants to feel tired, anxious, or slightly impaired, but scheduling eight to nine hours of sleep each evening in addition to time for schoolwork, sports, extracurricular activities, and a social life calls for a sense of priorities and good time management skills.

Sleep researchers at the University of Minnesota have made various recommendations, such as the ones below, concerning creating healthy sleeping habits:

Try to establish a daily routine which helps you relax following the day's activities; this will help signal the body to get ready to initiate the sleep cycle.

Don't read books or watch TV featuring controversial, upsetting, or violent themes immediately before going to bed; such items can serve as stimulants, which impede the sleep process.

Limit consumption of caffeine in the evening.

Engage in regular exercise.

Although it's tempting, try to avoid naps during the day.

## Greek Forum

### Alpha Sigma Tau

Good luck to our pledge members of Alpha Omega! Help us raise money for our chapter to send delegates to the Alpha Sigma Tau National Convention in St. Louis, Missouri. Thanks to SAE and TKE for the socials- hope to have more fun with you later on. All those who want a social call Stacy R!

### Delta Gamma

A big congratulations go out to the ladies of Zeta Psi on a rockin' recruitment, as we welcome new members

Kendel, Michelle, and Katie. The DG ladies are looking forward to a busy, fun-filled semester. Want to social? Give Shannon D. a call!

### Zeta

The Zetas are back! Congrats to our new members Allison, Heather, Kelly and Shannon!! To all of the seniors graduating in May, we hope you have a great semester. The chapter won't be the same without you. Thank you to SAE and PiLamb for the socials- wish they could have lasted longer. Keep your eyes out for

upcoming fundraisers, where all of the money is donated to the Susan G. Komen Breast Cancer Foundation.

## Bring back the Greek Forum

All fraternities and sororities

Email us:

[flyer@salisbury.edu](mailto:flyer@salisbury.edu)

## Life in the 'Bury

By Cheryl Killman

What is there to do in Salisbury? The answer for most would have to be...nothing. Unless, of course, you're one of those people who like the countryside, and don't mind sitting inside and drinking every night. This might be a little hard to fathom, but doesn't drinking get old after a while?

So what do you do on a Friday night, after you've decided to not drink because last night you drank a little bit too much? You remember...your really good friends had to drag you away because you were doing somersaults on the front lawn of some strange house at two in the morning. Remember, you occupied the one bathroom in the house because you had to puke and wouldn't let the drunk who really had to pee use it? But, anyway...

It's around 10 p.m. on a Friday, and you are in Salisbury. The parties haven't started yet, but you have to remember that promise you made to yourself. You can't go out again and embarrass yourself in front of that absolutely drop-dead gorgeous guy or girl. So what is there to do? The mall doesn't have late-night movies, the campus movie sucks (surprise, surprise) and besides, you missed it. You fell asleep at 5 p.m. and didn't wake up until 9 p.m.

Luckily, your loyal friend decided to stick with you. You hop in your car, then realize it's on E and you don't have any money. So your loyal friend loans you

\$10 after you promise to pay them back, and you will this time, really. Then you fill your car up, pocket the change because thankfully your friend doesn't notice (hey, every little bit helps), and the two of you are on your merry way. Your mission: to find something to do that doesn't require embarrassing yourself (i.e. alcohol). Luckily, you have a CD player so you aren't stuck listening to the horrid Salisbury radio stations.

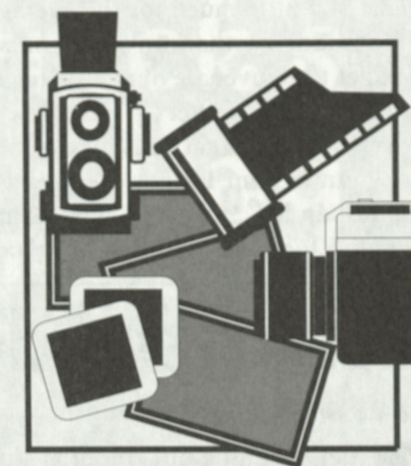
After a while, your friend says, "We're in Virginia," without any excitement. After driving for a few minutes, then begin to get scared because the phrase, "They only come out at night" starts playing in your head and you decide to turn around and head back north to more familiar territory.

When you reach Salisbury, your hope begins to diminish. You drive on anyway, and then reach...Delaware. The only thing you can do? Turn around and head back. You won't even bother spending time in Delaware. You've heard people say that anything in Delaware south of Dover is referred to as "slower lower Delaware" but you don't feel like finding out why. The name says enough. (No offense to residents from that area).

You finally get back to your house, and you and your friend collapse on the couch. Mission? Aborted. You failed miserably. Maybe those people that stay in every night and get drunk have a good idea. You just won't go back to that house for a while.

## WANTED

### Photographers for The Flyer



Come to our staff meeting on Monday, 9 p.m. 2nd Floor GC

So the next time you're bored and need something to do in Salisbury? Good luck.



## Horoscopes

with Sunfire Raymond, Staff Astrologer\*

**Aries: (March 21—April 19)**

You will achieve success as a musician, but sadly all your profits will be stolen by illegal mp3 swapping services.

**Taurus: (April 20—May 20)**

A life of back-stabbing and coat tail riding will finally payoff, cumulating when you get your picture in the local paper.

**Gemini: (May 21—June 21)**

Both happiness and disgust overwhelm you when the bag of drugs you ate a couple days ago is found.

**Cancer: (June 22—July 22)**

Who da' man? YOU DA MAN!

**Leo: (July 23—Aug. 22)**

Deep disappointment will grip you when the video you ordered from the television makes you dance nothing like a Backstreet Boy.

**Virgo: (Aug. 23—Sept. 22)**

You will discover the secret of time travel but squander the technology sitting in the 80s watching ALE.

**Libra: (Sept. 23—Oct. 23)**

Don't let the easy breakability of records dissuade you from becoming the world's first Super Hero DJ.

**Scorpio: (Oct. 24—Nov. 21)**

A greedy corporation will try to close your favorite rec center, but you and your

friends will save it with wholesome gumption and break-dancing skillz.

**Sagittarius: (Nov. 22—Dec. 21)**

Upon seeing yourself in a "Girls Gone Wild" video you're surprisingly happy with how you looked.

**Capricorn: (Dec. 22—Jan. 19)**

Your grades will fall sharply after Microsoft removes courier new from the new version of Word.

**Aquarius: (Jan. 20—Feb. 18)**

After years of research, you've come to the conclusion you can get anything by simply hitting people.

**Pisces: (Feb. 19—March 20)**

You will ask out and be rejected by a person with no teeth, thus shattering what is left of your self confidence.

\*Not an actual Astrologer



# Rest and Relaxation on a College Budget

By Meagan Schlicht

With midterms approaching and Spring Break on our tails, many Salisbury University Students are feeling the wrath of stress and sleep deprivation. How can we get the rest and relaxation we so desperately need? One could go to a spa, soak in a mud bath, get a full body massage, a facial, and a pedicure; all at the low, low price of... at least \$200! That is a little much for the average poor college kid. So what can we do on a small budget to rejuvenate ourselves for the second half of the semester?

When asked what Salisbury University junior Tom Trainor does for a little R&R, he responded, "I was up 'til 5:21 in the morning, do I look like I get rest or relax-

ation? I'm so stressed out, I'm going to kill somebody." Not all of us are that on the edge, but we all could use a little pampering. A popular form of stress relief is the practice of yoga. Yoga produces therapeutic benefits through stretching, stress reduction, and meditation. If you don't have the money to take a class at a nearby gym, you can buy videotape. A good video, which also encompasses weight loss, is the Living Arts: Yoga Conditioning. The at-home yoga videos range from about \$9.99- \$15.

"I like to light some candles, play some soothing music and take a hot bubble bath when I'm stressed out," said junior Robin Andachter. This form of relaxation doesn't require hundreds of dollars. Wal-Mart

carries a nice line of aromatherapy products from The Healing Garden. They have four soulful scents to create the sensations you need: green tea to sooth, chamomile for sleep therapy, jasmine for sensuality, and lavender for calming. A full therapy kit includes a body soak, a body lotion, body mist, bath gel, and a bath sponge, and is sold for \$11.66. The Healing Garden also makes candles in the four-aromatherapy scents for \$7.50 each. Don't be shy about taking baths, gentlemen. You can skip the smelly lotions and gels if you want and keep the hot bath, along with candles and your favorite tunes.

Don't let the stress of midterms get you crazy. Try some of these relaxation ideas, to get you through the rest of the school year.

## Summer Job

By Julie Wasserbach

After spending nine months studying, writing papers, and dealing with the typical stresses of the school year, many students retreat to Ocean City, MD. For a summer of partying, relaxing, and of course, making money.

Between rent, bar-hopping, and paying off citations, the cost of living in Ocean City can be expensive. Even if you're down there to be a beach bum, you'll want to find some type of job.

Where you work, can either make or break your bank account. If you're looking to make some real money, waiting tables is the way to go. Be careful of where you apply. If a restaurant looks shady, chances are it proba-

bly is and you won't make much more than your standard \$2.38 an hour.

Sophomore, Lauren Byrd, worked at Phillips and rarely walked out with less than \$100 a night. "If you wait tables at a popular restaurant, you'll make good money because it's always busy."

Well-known restaurants like Phillips, Macky's, BJ's, Seacrets, and The Hobbit are some of the best places in OC to work. They're usually crowded and have well known reputations for good food and atmosphere.

If waiting tables isn't your thing, you still have many other options. Jobs like renting umbrellas on the beach, taking telescope

pictures, and operating jet-ski's and amusements are perfect for those people looking to enjoy the sun.

The sooner you find your job, the better. Many places will be hiring in February and then again in May when the business picks up.

When you're living at the beach, working isn't going to be the most glamorous part of your summer but it's important that you make money and enjoy what you're doing. There's something for everyone to do in Ocean City, but it's up to you to go out and find it.

## Music reviews

By Jeremy Kavalsky

Missy Elliot

Miss E...So Addictive \*\*\*\*

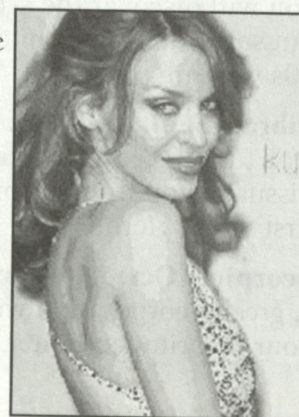


Missy Elliot has stunned our ears once again. This new album features all kinds of hot music with songs like, "Get Ur Freak On," and "One Minute Man." She also steps it up with the hot producer Timbaland and gives out new

songs with old school beats. The most unforgettable track on the album is "Take Away" featuring Ginuwine and Tweet, which pays tribute to the late Aaliyah. This album is a must have.

Kylie Minogue  
Fever \*\*\*1/2

Kylie Minogue comes to us from the United Kingdom to give us some of the flavor that she has been giving to the U.K. for years. Her new album, entitled, Fever. Features the hit single "Can't Get You Out Of My Mind." Minogue's disco style helps to give her album an edge that helps to keep your legs stomping to the beats and heads bobbing to the sound. If you like techno and disco, this is your flavor.



Diggin' In the Crate

This is where we highlight an album that we all need to dust off or add to our collections.

Jackson 5

The Ultimate Collection \*\*\*\*

This album is a must have in anyone's collection. This album features the latest and greatest from the group that started it all. The Jackson 5 Ultimate Collection has hits like "I Want You Back," "ABC," and many others. This 21-track album has all the ingredients needed to rock a great old school party. No collection is complete without a little taste of Jermaine, Tito, Marlon, Jackie, and that other guy, Michael, is it?

## DINING SERVICES

Cool Beans

# March Specials!

♣ March 4-10

16 oz. Chai Tea \$2.50

16 oz. Strawberry Extreme Smoothie \$2.25

♣ March 11-17

16 oz. Starbucks Cappuccino \$2.50

16 oz. Banana Rama Smoothie \$2.25

♣ March 18-24

16 oz. Starbucks House Blend \$1.30

16 oz. Tropical Rage Smoothie \$2.25



7:30 a.m.-Midnight (M-F)  
Noon-Midnight (Sat-Sun)

# St. Patrick's Day Dinner

SUNDAY, MARCH 17

Corned Beef  
Cabbage  
Broiled Red Skin  
Potatoes  
Irish Soda Bread  
Irish Whiskey  
Cake

4:30-7:30 p.m.  
At Wok 'n' Roll  
In The Commons

# Make Your Own PIZZA Night!

## Build The Perfect Pizza!

Mushrooms • Peppers • Pepperoni • Onions • Broccoli •  
Bacon • Sausage • Pineapple • Ham • Cheddar Cheese •  
Mozzarella Cheese • Pizza Sauce • Individual Boboli Crusts  
• Vegan Pizza Crusts

Friday,  
March 15  
4:30-7:25 p.m.  
In The Commons  
Rotunda

Meal Plan  
Holders: FREE  
Guests: \$8.50

# EXTRA! EXTRA!

Only two more TGIF Celebrations  
before Spring Break!

Friday, March 8  
TGIF & Open Mic Night Join Forces! 4:30- 9 p.m.  
Featuring Randy Lee Ashcraft! 20¢ Wings • \$1.50 Jalapeño  
Poppers! Plus, a featured bottled beverage & specialty drinks!

Friday, March 15  
St. Patrick's Day Bash! 4:30-6:30 p.m.  
Celebrate the Irish Red Way with: 20¢ Wings • 1/2 Priced 10"  
Pizzas • \$1 Onion Rings! Check out our featured bottled  
beverage!

Coming Monday, April 1  
Watch the NCAA Championship game with us!  
Pub will be open until the game is over!

Special bar menu tonight only:  
20¢ Wings • 1/2 Priced 10" Pizzas • 50¢ Curly Fries •  
\$1 Nacho Chips • \$1 Onion Rings • \$1.50 Mozzarella Sticks  
• \$1.50 Jalapeño Hot Poppers

Pot luck bottled beverage night!

We have virgin  
& mixed drinks!

The Pub

OPEN: 4-10 p.m. (M-F)



# Sports

## Salisbury Baseball Romps Gallaudet

By Sean Cowherd

A lot of people satirize baseball as being a boring game that is low scoring, slow paced and lacking action. Salisbury baseball shut down all of those beliefs last Saturday in their 30-1 thrashing of Gallaudet University in Game 1 of a double-header.

The game started off with senior outfielder Jason Ewing getting hit by a pitch on the first throw by Gallaudet's Chad Karnowski. Did this pitch ignite a fire within the Salisbury hitters? One would think so, since the Gulls went on to score seven runs in the first inning.

First baseman Mac Mollet's four hits and five RBIs, freshman catcher Brian Puglise's three hits and five RBIs and Corey Willey's three run homer over the left field fence led the charge for

Salisbury. The team finished with 24 hits on the day.

Not only was the offense sensational, but the Gull's defense and pitching came into play as well. The combination of pitchers Brian Shipe, Rusty Wood, Sean Baird and Mike Deavers shut down the Gallaudet hitters, limiting them to three hits and one run.

The entire pitching staff was confident that every ground ball belonged to their defense, thanks to solid performances by Mollet, Robbie Robeson and freshman Adam Blaney.

The play of the day however, goes to freshman third baseman Cale Shoemaker. With a man on first base and two outs in the sixth, Shoemaker sprinted to his left making a diving grab, gunning

out the runner at first to end the inning.

Following the 30-1 victory, Salisbury knocked off Gallaudet in the second game of the double-header 10-0, as pitchers Darron Jones, Brian Hammond, Matt Roath and Andy Phillips combined for a no-hitter. The wins improve the Salisbury's record to 4-0 in the CAC and 7-1 overall. Saturday's offensive explosion has proven why SU should dominate the CAC.



## Rah Rah

By Matt Gombos

All I have to say is...we need more school spirit for our sports teams and that is the bottom line.

Think back to your high school days. Remember how much school spirit everyone had at sporting events. The heckling of the opposing teams was great; the chants, the looks the parents gave to "that guy" who was making a fool out of himself yelling stuff like, "Hey ref, get off your knees, you're blowing the game."

That is what going to sporting events and calling yourself a fan is all about. I don't see this devotion here at Salisbury, and I think we need it.

The first thing we need is to get more people out at the games. There are over 6,000 students that attend this school and there are a very few who support our teams. Now, I understand that the games are usually on Saturday's at 1 p.m., a very early time for the average college student. But seriously, quit being so lazy, get out of bed and do something with your lives.

Our men's Lax team is ranked fourth in the nation and our women's Lax squad is number five. The baseball team went to the World Series last year and is looking good so far in 2002. SU Softball team has won five consecutive CAC titles and has in the regional final the past two seasons. The women's Basketball team went to the Final Four last year and has recently advanced to the Sweet 16. Both men's and women's soccer are ranked in the top 25 year after year.

Going to the games is always a good time with your friends, getting rowdy and making fools of yourself is part of the game. We might as well do it now while we still can before we're expected to act like adults.

Our athletes need our support. It gives athletes better incentive to do well. So let's get more people out at the games, I promise it's a good time.

## What's on Tap...

### Women's Basketball Sweet 16

March 8th . . . Marymount 8pm

March 9th . . . winner Scranton vs. Kings

### Men's Baseball

March 7th . . . Washington 2 pm

March 9th . . . Eastern CT 11 am

March 10th . . Eastern CT 11 am

### Men's Lax

March 10th . . Ohio Wesleyan 1 pm

### Softball

March 12th . . Christopher Newport 2 pm

### Men's Tennis

March 9th . . . St. Mary's 11 am

March 9th . . . Skidmore 3 pm

March 10th . . Frostburg State 11 am

### Women's Tennis

March 9th . . . St. Mary's 11 am

March 9th . . . Skidmore 3 pm

## Women's Lax Opens Season with Win

By Jeff Tessier

The women's lacrosse team opened up their season Saturday by stomping the College of Notre Dame 14-5.

"We played well today," said first-year head coach Jim Nestor. "There are still a few rusty areas that need work, but today was a good win for us."

On a cloudy dark afternoon, game time temperatures were in the low 40s, accompanied by harsh winds whipping across the field.

"I think the cold winds made it a little harder to come in off the bench," said Nestor. "The girls had to get their

legs warmed up, and even get a little sweat going."

Junior midfielder Shannon Jarrett led the 14-5 beat down over the Gators, finding the back of the net five times. On the defensive side of the field, the Gulls allowed only two goals in the second half of play. "We need to use 100 percent of our athletic ability," said Nestor. "We also have to limit the amount of turnovers if we want to improve."

After snagging the first win of the season on their home field, the Sea Gulls take to the road for three away games against St. Mary's, Franklin and



Marshall, and The College of New Jersey. Salisbury returns home Wednesday, March 20, where it will face off against Amherst at 4 p.m.

## "The Natural"

By Matt Marsolais

"What do you want?"

"I want people to say when I walk down the street: 'there goes Roy Hobbs, the best there ever was, and the best there ever will be'."

Robert Redford plays Roy Hobbs, a one-of-kind baseball player, "The Natural." Hobbs, who could be portrayed as an imaginary Babe Ruth, can do it all from making the greatest catch to booming the most spectacular homerun shot.

"You've got talent Roy. But it's something more...a gift," his father says to him before he passes away. The death of his father helps Hobbs realize his dream. Sadly, Hobbs is sidetracked due to a severe accident and held from the game for 15 years. The majority of the film takes place after this accident, when Roy is placed on the New York Knights, a down-on-their-luck major league team.

Where would a baseball player be without a love interest. Hobbs's young girlfriend, who he loses touch with after the accident, ends up making the difference in his life.

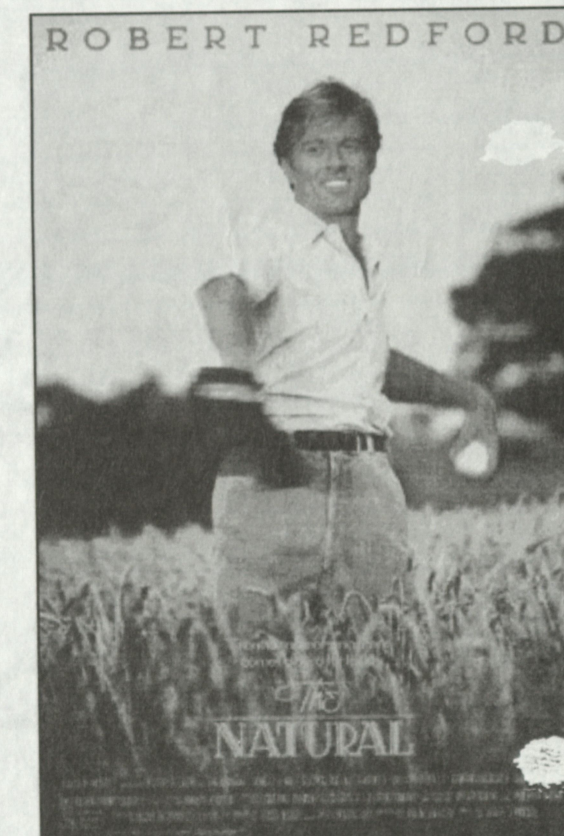
Although Hobbs joins baseball at an older age, he has not lost strength or incentive, only the time he needed to

"break every record in the book." That year would be his first and his last showing, of what could have been. Through his play, he soon becomes an idol to children and a model athlete to his peers.

This movie is full of symbolism about life. It magnifies how some decisions we regret and some we never want to forget. It is a triumph to the motivating will power of love and dedication. You never know what life has in store. At times it can be difficult, but if you believe in yourself, just as Hobbs does, anything is possible.

There are scenes in this movie that are strong enough to give you goose bumps or even make you cry tears of happiness. It is as if you are watching Jim Valvano run onto the court after NC State wins the NCAA tournament. Or watching Cal Ripken work his way around the field after his final season. It has the power of a great sports moment and is accompanied by one of the greatest movie scores I have ever heard.

It is the power of potential, the power of dreams, and the power of believing in one's self that makes life tolerable. These are the same things that



make this movie tolerable, and I hope each one of you will at some point spare two hours of your life to watch "The Natural." It will not only be entertaining, but inspiring.



# Sports WRITERS NEEDED



Anyone interested in writing for the Sports Section of *The Flyer* can attend the staff meeting each Monday at 9:00 p.m. in GC. For questions, feel free to contact Lisa Gentilella, Sports Editor at [flyer@salisbury.edu](mailto:flyer@salisbury.edu)